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Main Dishes - With And Without Meat

COP. 1 A broadcast by Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Duke Dumars, Office of Information, Thursday, September 17, 1942, in the Department of Agriculture period of the National Farm and Home Hour, over stations associated with the Blue Network.

---ooOoo---

DUKE DUMARS:

And here in Washington, we're ready with some facts on making the most of our meat supplies. We aren't into consumer rationing of meat yet. But Secretary Wickard, speaking the other day as Chairman of the nation's Food Requirements Committee, suggested we start our voluntary meat conservation campaign now. That's a signal from headquarters to hold our meat eating down to what the ration will likely be... probably 2 1/2 pounds per person a week. And from what I've heard the home economics people say that doesn't need to mean any less nutritious or less tasty meals... But Ruth Van Deman's here to give you the word direct from the Bureau of Home Economics.

RUTH VAN DEMAN:

You were going along fine, Duke. All you need to add is a few ifs.

DUMARS:

A few ifs... If you're a good cook?How's that for a try?

VAN DEMAN:

Good work. If you mean what I mean by a good cook.

DUMARS:

This is getting too iffy for me.

VAN DEMAN:

Well, you see a good meat cook is one who knows how to make the most of meat flavor... for one thing... knows how to combine meat with bread and biscuits and rice and other cereals to give them all an appetite-whetting taste.

DUMARS:

How about a good meat stew with lots of vegetables? I don't need any whetting of the appetite when that's passed around.

VAN DEMAN:

Wise man... a good meat and vegetable stew, if it's well made... does have about everything.

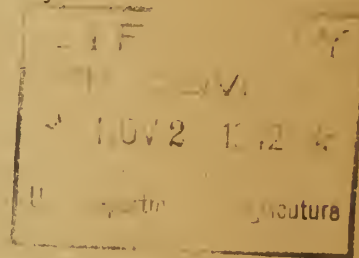
DUMARS:

Another if.

VAN DEMAN:

Well, you see, Duke, these home economics cooks have standards... standards about holding on to food value when you cook... as well as turning out a dish that's lickin' good to eat.

(Over)



DUMARS:

I know. And I realize too it takes more than a twist of the wrist to cook that way. You've got to know what's in the food to start with.

VAN DEMAN:

Right. Take meat for instance. Meat is a protein food... efficient protein at that.

DUMARS:

What do you mean -- efficient protein?

VAN DEMAN:

Protein is made up chemically 'very like the protein of our own bodies. We can use that kind of protein efficiently to build or repair flesh, and bone, and blood.

DUMARS:

All right, granted that meat's an efficient protein food, where do we go from there?

VAN DEMAN:

To the cook stove. If you cook meat with too much heat you can tie it up with bow knots... shrivel the juice right out of it... harden the protein until tender meat seems tough... destroy the vitamins right and left.

DUMARS:

Vitamins? Then there are vitamins in meat too?

VAN DEMAN:

Yes, Vitamins and minerals. Some meat organs are very rich in both. Which brings us to another if in this meat situation. If you're using some other efficient protein food in place of meat - a cheese fondue we'll say, as the main dishes for dinner...

DUMARS:

A cheese who?

VAN DEMAN:

A cheese fondue... milk, eggs, bread crumbs, and cheese - baked in the oven

DUMARS:

Sorry. It's not on my list.

VAN DEMAN:

I'll send you a copy of the egg folder, "Egg Dishes At Low Cost" -- then you can stop being sorry.

DUMARS:

I don't believe there are any egg dishes at low cost right now. That's one of the things that's worrying me about eggs in place of meat.

VAN DEMAN:

Everything's relative, Duke. And it's wartime. For our country's sake we've got to be willing to quick change to something fairly abundant and non-shippable to our allies and the boys at the front. Cheese is plentiful, and if eggs are out of sight make it macaroni and cheese.

DUMARS:

But won't I lose something valuable I need in the eggs?

VAN DEMAN:

Yes, you'll lose the iron in the yolks, for one thing. But you can make that up in a good serving of beet greens or broccoli, or collards.

DUMARS:

It's like putting a picture puzzle together.

VAN DEMAN:

Very much like that.

DUMARS:

No two pieces of the puzzle quite alike... no two foods doing quite the same job for the body. But all fitting together to make a perfect picture.

VAN DEMAN:

A perfect picture of a well-balanced diet and a well-nourished person.

DUMARS:

And even the humble bean has a place in this foods-to-use-in-spacing-out-the-meat picture.

VAN DEMAN:

Careful the way you call beans humble, Duke. On the quality side their protein may not be up to that of meat and other foods of animal origin, but they have a lot of the B₁ vitamin, thiamine - the morale-builder. The bean family may rise up some day and tell you how it's helped to win wars.

DUMARS:

That's right. Beans have always been army food. In this war, we're hearing a lot about soybeans.

VAN DEMAN:

We're going to hear more. The protein of soybeans is the nearest approach in the vegetable kingdom to the protein of meat, eggs, and other animal foods. China wouldn't be as well off as it is today without soybeans, and the Japs are pretty smart about using soybeans, too.

DUMARS:

Then we'll have to out-bean the Japs. Haven't you some kitchen aids on that?

VAN DEMAN:

Certainly we have a folder full of recipes on turning dried beans and peas into savory dishes.

DUMARS:

And, Ruth, we haven't said a word yet about poultry and fish as meat spacer-outers.

VAN DEMAN:

No, this is a big subject. When you get down on your marrow bones and think, there are probably a hundred and one ways to stretch meat supplies, and still be well fed.

DUMARS:

And I think we need to remember this... compared to the people in most other countries we have a great deal of meat to eat, even in spite of the temporary shortages in some markets. For example Britishers get a pound a week, Germans 12 1/2 ounces, and Belgians only 5 ounces.

VAN DEMAN:

Duke, you know this meat situation keeps bringing to my mind that little poem of Bobbie Burns... that old Scottish grace before meat.

DUMARS:

Go ahead - say it, Ruth.

VAN DEMAN:

I haven't the proper Scottish burr in my tongue...

DUMARS:

We'll take it without the burr.

VAN DEMAN:

"Some hae meat and canna eat
and some wad eat that want it
But we hae meat and we can eat
And sae the Lord be thankit."

DUMARS:

And thank you, Ruth - for leaving that thought with us. And now, Farm and Home friends (ad lib offer "Egg Dishes at Low Cost" ... "Dried Beans and Peas in Low Cost Meals.") Send card or letter to Bureau of Home Economics, Washington, D. C.

Now more music by the Homesteaders.